

ABSTRACT OF THE DISCLOSURE

A hand exerciser includes a loop having a smooth outer periphery and a plurality of rings each having a hole so that the loop extends through the hole of each ring. An inner diameter of the hole of each ring is 1.5 times of an outer diameter of the loop so that the rings are rotatable relative to the loop. The user rotates the loop to keep the rotating rings maintained at a section and the vibration of the rings to the loop exercises the hand holding the loop.